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[EDITOR'S NOTE: Quick check-in on the No Fucks Given Challenge:
still going strong...](#)

EDITOR'S NOTE: Quick check-in on the [No Fucks Given Challenge](#): still going strong. Today's post is unrelated, but the spirit is alive.



DAY 2: PUBLIC EMBARRASSMENT EXPOSURE

You think people care? Let's prove they don't.

Your Challenge:

- ✓ **Do something absurd in public.** (Dance in silence. Sing out loud.)
- ✓ **Stand in the middle of a crowd and stare at the sky.**
- ✓ **Walk through a store holding an imaginary microphone like a talk show host.**

Watch as **no one actually gives a shit.**

Your fear of judgment? **99% self-created.**

Ok log your results [here](#).

Or find the link pinned in the comments below if you're listening to the podcast version.

Now, let's get into it...



I don't know you.

You don't know me.

But I know this:

- ✓ You've walked past a mirror and felt disappointed.
- ✓ You've scrolled aimlessly, waiting to feel something.
- ✓ You've felt stuck while life passes by.
- ✓ You've opened an app, forgotten why, and closed it again.
- ✓ You've stared at your phone, willing a message to come.
- ✓ You've kept a tab open for weeks, meaning to get to it.
- ✓ Something is keeping you up at night.
- ✓ A problem you can't solve.
- ✓ A conversation you're dreading.
- ✓ You've worried that everyone else got some secret instruction manual for life.
- ✓ But yours got lost in the mail.
- ✓ You've looked at someone else's life and felt like yours was smaller.

- ✓ You have a version of yourself in your head—the person you could be.
- ✓ And most days, they seem impossibly far away.
- ✓ There are shameful secrets you haven't told anyone about.
- ✓ You've replayed them over and over...
- ✓ Wondering what you could have done differently.
- ✓ You've thought about reaching out to the one you hurt. You didn't.
- ✓ You've thought about hurting yourself.
- ✓ Hopefully, you didn't.
- ✓ You tell yourself you're fine.
- ✓ But nothing could be further from the truth.
- ✓ You have moments where you suddenly remember how old you are.
- ✓ It hits you like a brick.
- ✓ Like you blinked and time jumped ahead without warning.
- ✓ But sometimes, when you're alone, it creeps in—you're scared shitless that you're falling behind.
- ✓ You get random bursts of motivation at the worst times—right before bed, while driving, mid-shower.
- ✓ And when you finally sit down to work? Nothing.

- ✓ You've told yourself, This will be my year.
- ✓ You've told yourself, I'll start Monday.
- ✓ You haven't.
- ✓ You've sat in your parked car, scrolling, just to avoid going inside.
- ✓ You've asked yourself if you're difficult to love.
- ✓ You've stared at the ceiling in the dark, wondering if people actually like you or if they tolerate you.

I don't know you. You don't know me.

But you just read this, and at some point, you thought, “Yes — that’s me.”

Which means...

Deep down...

There's a voice saying to you:

I'm not good enough

And that tells me everything I need to know about you.

It's the most important fact about you that exists.

More importantly...

It tells YOU everything you need to know about YOURSELF.

It's the key to your freedom.

If this made your chest tighten, if you felt seen in a way that scared you a little...

It's not by accident.

This space—*Permission to Be Powerful*—isn't for everyone.

It's for the ones who are done pretending they're fine.

The ones who want to feel again.

The ones who know there's more to them than survival.

If you're still reading this, maybe you're ready.

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But don't lie to yourself anymore

Until next time,

Anton

Dancer, Writer, Buddhist.



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